



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01155, Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Report Date: July 09, 2017 12:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g
Proximates						
Water	g	3.96	--	--	2.69	3.60
Energy	kcal	358	--	--	243	326
Energy	kJ	1498	--	--	1019	1363
Protein	g	35.10	--	--	23.87	31.94
Total lipid (fat)	g	0.72	--	--	0.49	0.66
Ash	g	8.03	--	--	5.46	7.31
Carbohydrate, by difference	g	52.19	--	--	35.49	47.49
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	52.19	--	--	35.49	47.49
Minerals						
Calcium, Ca	mg	1231	--	--	837	1120
Iron, Fe	mg	0.31	--	--	0.21	0.28
Magnesium, Mg	mg	117	14	11.071	80	106
Phosphorus, P	mg	985	--	--	670	896
Potassium, K	mg	1705	--	--	1159	1552
Sodium, Na	mg	549	--	--	373	500
Zinc, Zn	mg	4.41	10	0.124	3.00	4.01
Copper, Cu	mg	0.041	--	--	0.028	0.037
Manganese, Mn	mg	0.020	--	--	0.014	0.018
Selenium, Se	µg	27.3	9	2.950	18.6	24.8
Vitamins						
Vitamin C, total ascorbic acid	mg	5.6	--	--	3.8	5.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g
Thiamin	mg	0.413	--	--	0.281	0.376
Riboflavin	mg	1.744	--	--	1.186	1.587
Niacin	mg	0.891	--	--	0.606	0.811
Pantothenic acid	mg	3.230	34	0.068	2.196	2.939
Vitamin B-6	mg	0.345	31	0.007	0.235	0.314
Folate, total	µg	50	--	--	34	46
Folic acid	µg	0	--	--	0	0
Folate, food	µg	50	--	--	34	46
Folate, DFE	µg	50	--	--	34	46
Choline, total	mg	167.8	--	--	114.1	152.7
Vitamin B-12	µg	3.99	17	0.327	2.71	3.63
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	4	--	--	3	4
Retinol	µg	4	--	--	3	4
Carotene, beta	µg	1	--	--	1	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	15	--	--	10	14
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.01	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.470	--	--	0.320	0.428
4:0	g	0.026	4	0.005	0.018	0.024
6:0	g	0.006	4	0.001	0.004	0.005
8:0	g	0.007	5	0.001	0.005	0.006
10:0	g	0.017	5	0.003	0.012	0.015
12:0	g	0.013	5	0.005	0.009	0.012

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g
14:0	g	0.078	5	0.005	0.053	0.071
16:0	g	0.220	5	0.010	0.150	0.200
18:0	g	0.080	5	0.003	0.054	0.073
Fatty acids, total monounsaturated	g	0.190	--	--	0.129	0.173
16:1 undifferentiated	g	0.021	5	0.002	0.014	0.019
18:1 undifferentiated	g	0.156	5	0.004	0.106	0.142
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.020	0.027
18:2 undifferentiated	g	0.018	5	0.004	0.012	0.016
18:3 undifferentiated	g	0.011	5	0.003	0.007	0.010
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	18	--	--	12	16
Amino Acids						
Tryptophan	g	0.495	--	--	0.337	0.450
Threonine	g	1.584	--	--	1.077	1.441
Isoleucine	g	2.124	--	--	1.444	1.933
Leucine	g	3.438	--	--	2.338	3.129
Lysine	g	2.784	--	--	1.893	2.533
Methionine	g	0.880	--	--	0.598	0.801
Cystine	g	0.325	--	--	0.221	0.296
Phenylalanine	g	1.694	--	--	1.152	1.542
Tyrosine	g	1.694	--	--	1.152	1.542
Valine	g	2.349	--	--	1.597	2.138
Arginine	g	1.271	--	--	0.864	1.157
Histidine	g	0.952	--	--	0.647	0.866
Alanine	g	1.210	--	--	0.823	1.101
Aspartic acid	g	2.663	--	--	1.811	2.423
Glutamic acid	g	7.350	--	--	4.998	6.689

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 68g	1 envelope (1-1/3 cup) 91g
Glycine	g	0.743	--	--	0.505	0.676
Proline	g	3.400	--	--	2.312	3.094
Serine	g	1.909	--	--	1.298	1.737
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0